

My weekly ponderings...

Hello everyone! I do hope you enjoyed our welcome issue to the Conscious Chronicle last week and found that it resonated with some of your own observations.

As the new year is in full throttle, Valentine's Day behind us, Easter eggs on sale and Mother's Day waiting impatiently in the wings. Just by taking an alternative viewpoint isn't it rather revealing of how the way our society lives, always constantly out of the moment, already onto the next thing before the current one has expired.

This is a far too common situation we have all become accustomed to, maybe you can recollect or notice how we grumble about the next obligation as a burden rather than an act of sharing love and expressing kindness in a positive manner. Our thoughts really can disturb our centrepiece, knock us off our ground and throw what a second ago was an appearance of succeeding at our pursuits, into a clutter of chaos and disharmony.

But fear not! Although our mind does convincingly present us with the impression (through its underhanded veils) that things are exactly what they seem *or as we see them*, perhaps with a little vigilance and investigative self-inquiry this is not always the case?

'Vitarka badhane pratipaksa bhavanam' One of the plainspoken conducts of life expounded in Patanjali's yoga sutras literally translates to; *'When disturbed by negative thoughts, opposite (positive) ones should be thought of. This is Pratipaksa bhavana'*.

In simple terms isn't it amazing how quickly we forget this essential skill to keep our spirits up, and instead habitually reach for the negative connotation of a circumstance. Of course, we all feel this sometimes and positive thinking applied mechanically can occasionally have the adverse effect of not accepting things as the way they are, strengthening our resistance to life as it opens its gifts up to us.



So, I hear you ask; *'What shall we do then!'* The key word is 'invite'. Invite the possibility of an opposite thought replacing a negative one and see how that stops the story of judgment in its tracks. You may still feel the residue of a reaction, but it should be short lived. Next time why not try this approach to neutralise the negativity head on, before it grows, or imagine the unfavourable result if you continue on that neural pathway and see what happens.

My son imparted the natural wisdom of a child on me the other day when we stopped at a red light (surprisingly we were in a rush he obviously sensed my aura of frustrated pheromones radiating in his direction!) when he said; *'Don't worry Dad the next one will be green, then we will be winning at life again!'*

With that comment how could I not think *'No son we are always winning at life.....'*

Once it was said;
'If you don't like something change it; if you can't change it, change the way you think about it!'
MARY ENGELBREIT.

Happy practising!
Namaste
Vincent & Kate

Current classes:

Location; The Studio, Earham House Clinic, Unit15, Earham House, Norwich, NR2 3PD.

Monday weekly drop in meditation sessions - 6pm

A one hour guided meditation session in a relaxed, safe and warm environment. Reflecting on philosophy, whilst enjoying some peace and tranquillity.

Tuesday weekly mixed ability yoga class - 6pm

Hatha / Vinyasa Flow Yoga A step up from the complete beginners' class at an intermediate level. We will be working through some of the more challenging poses at a reasonable pace to really feel like you are working the body and achieving a good workout. We will put into practice; posture, breathing exercises, relaxation and meditation.

Starting Thursday 3rd March - 6 week beginners yoga course - 6pm

Suitable for complete beginners, or those who are wishing to refresh themselves on some of the fundamental postures of yoga before joining or re-joining a mixed ability yoga class. The class will be kept to a small size and paced to allow the participants to learn each pose in a safe, friendly, supportive and unrushed environment. We will cover; posture, breathing exercises, philosophy, relaxation and meditation.